

# ***The 2008 National President's Challenge***

**March 20 - May 15, 2008**

The President's Council on Physical Fitness and Sports is hosting a physical activity challenge for 6 weeks beginning on March 20, 2008. The Challenge is to encourage Americans to increase their fitness; you have an opportunity to improve your health while having some fun. There are almost 100 different activities, so participants are sure to find one that they enjoy.

Federal employees, retirees, contractors, and family members are invited to participate. Information on the President's Challenge is available at <http://www.presidentschallenge.org>. Registration on the Web site begins March 1 through April 3 and is free. After registering, participants are given an activity log to track their activity for 6 out of 8 weeks. A certificate recognizing your efforts can be downloaded from the site after 6 weeks participation. The Challenge is for individuals or for those who would like to enter as a group. The National President's Challenge replaces the 2007 *Healthier Feds* program.